

# Grocery Shopping Guide

Helpful tips for your next trip to the grocery store.



CANADIAN  
**CELIAC**  
ASSOCIATION



When you are newly diagnosed with celiac disease, you may feel overwhelmed by the idea of grocery shopping. Here is a breakdown of some common foods and what to look for on your next trip to the grocery store.

Remember to always read **labels** carefully. Click [HERE](#) for more labelling guide info.

## Grocery store departments and commonly purchased items



### Produce department

The produce department is a **LOW RISK** zone. Not only is the produce section of your grocery store filled with healthy options, most of these options are gluten free (GF).



All fresh fruits and vegetables are gluten free. This includes items such as bananas, oranges, apples and melons.



Remember to read all ingredients labels. Some produce sections include prepacked soy items, salad dressings, spices and dried fruits, which may contain gluten.



### Bakery department

The bakery area is a **HIGH RISK** zone. Here you will find a number of gluten-filled breads and treats. Rarely, will you find gluten-free items available in this section.



Breads, cakes, croissants and other baked good contain gluten, unless specifically labelled gluten free.



### Dairy section

This is a **LOW RISK** section of the grocery store. However, always remember to read labels.



Cheese, milk, cream, butter, sour cream and cream cheese are all naturally gluten free.



Some yogurts, ice creams and non-dairy items and beverages may contain gluten. Oat-based products found here need to be labelled gluten free.



### Flour, cereals and pasta

This is a **HIGH RISK** section of the grocery store. All cereals, flours and pasta need to be labeled gluten free.



In this section items such as cereal, flours, pasta need to have a gluten-free claim in order to be safe for consumption. All oat-based products need to carry a gluten-free claim.



Any flour, cereal or pasta not listed gluten free should be avoided.

### Rice and pulses



Rice and pulses are **MODERATE RISK** as they are naturally gluten free, however some need to be consumed with caution.

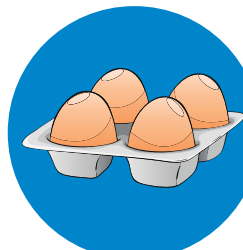


Plain rice is naturally gluten free and can be purchased without a gluten-free claim.



Read labels in mixed rice packets. For legumes, such as lentils, visually inspect and rinse prior to consumption. Or choose pulses with a gluten-free claim.

### Proteins



Proteins a **LOW RISK** item. All meats, plain tofu and eggs are naturally gluten free.



All meats, including chicken, beef, pork and seafood are naturally gluten free and do not require a gluten-free claim. Tofu and eggs are also gluten free.



Some items may have have seasonings that could contain gluten. Always check on the label for mixed items.

### Miscellaneous



The isles of the grocery store are filled with food items to question, making this section a **MODERATE RISK**. Here are a few common items.



Oil, pure spices, most condiments (ketchup, mustard, mayo, jams, maple syrup), pickles, vinegar, sugar, coffee, tea, gelatin, vanilla



Always read the label. Low risk items include: Nuts, popcorn, chips, salsa.



Regular soy sauce, crackers, instant noodles, granola bars, cookies, muffins.

For more information on labeling and celiac disease, click [here](#).